

Sports physical **OR** well-child visit?

Well-child visits cover *All* the bases!

An annual well-child visit includes a comprehensive look at the **overall health & well-being**, with both physical and mental health concerns addressed.

This is especially important for teens.

The well-child visit only takes about 20 minutes, why not cover both bases with one appointment?



	SPORTS PHYSICAL	OR	WELL-CHILD VISIT
PHYSICAL GROWTH	✓		✓
PHYSICAL DEVELOPMENT			✓
SOCIAL COMPETENCE			✓
ACADEMIC COMPETENCE			✓
EMOTIONAL WELL-BEING			✓
RISK REDUCTION	✓		✓
VIOLENCE & INJURY PREVENTION			✓
CARDIOVASCULAR HEALTH	✓		✓
MUSCULOSKELETAL HEALTH	✓		✓
REPRODUCTION			✓
SEXUAL EDUCATION			✓

Remember, a well-child visit **can double** as a sports physical, but a sports physical **can't** be considered a well-child visit.

Medicaid, CHIP & most insurance companies fully cover well-child visits.



SOUTH DAKOTA
DEPARTMENT OF HEALTH

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